Wednesday, July 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White	86	0.28	0	1.2	0	1.17	17.98	274	0	269
5 large										
365 Organic Steel Cut Oats	150	2.5	0.5	27	4	1	5	0	0	20
1/4 cup dry (3/4 cup prepared), 150 g										
Avocados	68	6.23	0.904	3.63	2.8	0.28	0.85	3	0	206
1 1/2 oz										
Total	304	9.01	1.404	31.83	6.8	2.45	23.83	277	0	495
Lunch										
Sweet Potato (Without Skin, Cooked, Boiled)	119	0.22	0.062	27.63	3.9	8.95	2.14	42	0	359
5 1/2 oz										
Great Value Frozen Broccoli Florets	30	0	0	4	2	2	2	20	0	210
1 cup, 85 g										
WinCo carrots frozen	25	0		6	2	3	1	25		
3/4 cup, 86 g										
Walmart tilapia (new)	150	2.25	0.75	0			31.5	37.5	75	
1 1/2 x 4 oz, 169.5 g										
Total	324	2.47	0.812	37.63	7.9	13.95	36.64	124.5	75	569
Dinner										
Walmart tilapia (new)	125	1.88	0.62	0			26.25	31.25	62.5	
1 1/4 x 4 oz, 141 g										
WinCo carrots frozen	25	0		6	2	3	1	25		
3/4 cup, 86 g										
Total	150	1.88	0.62	6	2	3	27.25	56.25	62.5	

Wednesday, July 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Walmart tilapia (new)	100	1.5	0.5	0			21	25	50	
4 oz, 113 g										
quinoa quinoa	78	1.25	0.15	13.62	1.5		3	1.12		119.62
1/2 x 1/4 dry, 21.25 g										
Cashew Butter	94	7.91	1.562	4.41	0.3	0.8	2.81	98	0	87
1 tbsp										
StarKist Foods Gourmet Selects Mexican Style Tuna	110	5	1	2	0	0	13	400	30	220
1 pouch, 2.6 oz										
WinCo carrots frozen	25	0		6	2	3	1	25		
3/4 cup, 86 g										
Fresh & Easy Kale Salad	40	0.5		8	2	1	2	40		
3 oz, 85 g										
Total	447	16.16	3.212	34.03	5.8	4.8	42.81	589.12	80	426.62
Total	**1225**	**29.52**	**6.048**	**109.49**	**22.5**	**24.2**	**130.53**	**1046.87**	**217.5**	**1490.62**